Claims:

- method of communication between a command transmitter (20) and bi-directional а command transmitter-receiver (10) that are intended for the control of elements (14) ensuring the security and/or comfort of a building, the communication of control commands from the command transmitter (20) transmitter-receiver (10) command or from the transmitter-receiver (10) to other elements, being done 10 by way of frequency-modulated RF signals, wherein, in a programming mode, the command transmitter-receiver (10) activates and interrupts successively the transmission of electric signals normally used for communication by 15 frequency modulation, so as to send information to the command transmitter (20) by way of amplitude-modulated RF signals.
- The method of communication as claimed in claim 1, 20 wherein the information sent to the command transmitter (20) is a series of transmissions and of interruptions of transmissions of a carrier that are carried out by means of transmissions (121E, 122E) οf frequencyof modulated RF signals the command 25 receiver.
 - 3. The method of communication as claimed in claim 1, wherein the information comprises an identification code.

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- 4. A transmitter-receiver (10) of commands consisting of frequency-modulated RF signals, comprising an antenna (11) linked to:
- means of reception (121R, 122R) of frequency-35 modulated RF signals, and to
 - means of transmission (121E, 122E) of frequency-modulated RF signals,

which comprises means (13, 130) of activation and of disabling of the means of transmission (121E, 122E) for the implementation of the method as claimed in claim 1.

5 5. The transmitter-receiver (10) of commands as claimed in claim 4, wherein the means (13, 130) of activation and of disabling allow the activation and disabling of an amplifying circuit (121E) of the transmission means.

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- 6. The transmitter-receiver (10) of commands as claimed in claim 5, wherein the means (13, 130) of activation and of disabling of the amplifying circuit (121E) comprise a logic processing unit (13) and a control circuit (130).
- 7. The transmitter-receiver (10) of commands as claimed in claim 5, wherein the means (13, 130) of activation and of disabling comprise means (130) of control of the power supply of the amplifying circuit (121E).
- 8. An installation comprising at least one command transmitter-receiver (10) as claimed in claim 4 and at least one command transmitter (20) furnished with means (22) for transmitting frequency-modulated RF signals and with means (210) for receiving amplitude-modulated RF signals.